

Republic of Kenya

EDICT OF GOVERNMENT

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KS 2369 (2012) (English): Basic minimum standards
for adventure tourism activities -- Requirements
(Draft Standard)



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**Basic minimum standards for adventure
tourism activities — Requirements**

public review draft february 2012

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The following organizations were represented on the Technical Committee:

Kenya Association of Hotel Keepers and Caterers
Kenya Utalii College
Kenya Association of Tour Operators- KATO
Kenya Airports Authority
Kenya Association of Travel Agencies
International Hotel and Tourism Institute
Narumoru river lodge
Waldave
Savage tour and travel
Indu tours and travel
Kenya Bureau of Standards — Secretariat

REVISION OF KENYA STANDARDS

In order to keep abreast of progress in industry, Kenya Standards shall be regularly reviewed. Suggestions for improvements to published standards addressed to the Managing Director, Kenya Bureau of Standards, are welcome.

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Basic minimum standards for adventure tourism activities — Requirements

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Foreword

This Kenya Standard was prepared by the tour guide travel agencies and related services Technical Committee under the guidance of the Standards Projects Committee, and it is in accordance with the procedures of the Kenya Bureau of Standards

This standard prescribes basic minimum requirements for land, water and air adventure tourism activities, and corresponding code of conduct for participants

There are a vast number of Adventure Tourism Activities being conducted in the country. In order to ensure safety of participants in such activities, there is a need to lay down the minimum acceptable standards in terms of equipment and human resources. As a first step, the Basic Minimum Standards are recommended for those activities which have the greatest volumes in terms of participation.

public review draft february 2012

Basic minimum standards for adventure tourism activities — Requirements

1 Scope

This Kenya standard prescribes basic minimum requirements for land, water and air adventure tourism activities, and corresponding code of conduct for participants

2 Normative references

KS ISO 11121:2009 recreational diving services – requirements for introductory scuba experience programmes

Kenya Motor sport rules

3 Definitions

For the purposes of this standard, the following definitions shall apply:

3.1

activities of adventure tourism

commercial activities are offered, usually adapted from adventure activities that at the same time are recreational and involve evaluated, controlled and assumed risks.

3.2

land based

activities undertaken on the solid part of the earth

3.3

water based

activities undertaken in a body of water

3.4

air based

activities undertaken in the air space

3.5

mountaineering

the activity of climbing a mountain

3.6

trekking

walking in the countryside for pleasure or sport

3.7

river running

a tour down the river

3.8

parasailing

this is a recreational activity where a person is towed behind a vehicle (usually a boat) while attached to a specially designed parachute, known as a parasail. the boat then drives off, carrying the parascender into the air

3.9 paragliding

this is a recreational and competitive flying sport. a paraglider is a free-flying, foot-launched aircraft. the pilot sits in a harness suspended below a fabric wing, whose shape is formed by its suspension lines and the pressure of air entering vents in the front of the wing

3.10

bungee jumping

the activity of jumping from a great height with an elasticated cord attached to the ankles

3.11

cardiopulmonary resuscitation

an emergency procedure consisting of external cardiac massage and artificial respiration; the first treatment for a person who has collapsed and has no pulse and has stopped breathing; attempts to restore circulation of the blood and prevent death or brain damage due to lack of oxygen

3.12

trip leaders

the person in charge of a trip

3.13

bailing buckets

a bailer is a device used for removing water which has entered a boat. in the simplest case it is simply a container which can be filled manually and tipped over the side

3.14

kayak

a small canoe consisting of a light frame made watertight with animal skins

3.15

activities of adventure tourism

commercial activities are offered, usually adapted from adventure activities that at the same time are recreational and involve evaluated, controlled and assumed risks

Notes

- Risks assumed means that both parties have a notion of the risks involved;
- The adventure tourism activities can be conducted in natural rural or urban environments.
- The adventure activities frequently have sports and nature as one of its origins.

3.16

confined water

swimming pool with a depth appropriate to the activity or body water that offers similar conditions with regard to visibility, depth, water movement and access

3.17

open water

body of water significantly larger than a swimming pool offering conditions typical of a natural body of water

3.18

scuba diving

going through a session of underwater swimming and diving deep under the waters using what is known as a scuba set

note:-this scuba set include:-

- breathing apparatus device that facilitates breathing in cases of respiratory failure
- cylinder - a cylindrical container for oxygen or compressed air
- oxygen mask - a breathing device that is placed over the mouth and nose; supplies oxygen from an attached storage tank

3.19

face climbing

moving up a cliff face using your hands and feet on the rock

3.20

bouldering

the pursuit of hard moves on small rocks

3.21

top rope climbing

is the best way for beginners to get out on the rocks

3.22

climbing commands

basic verbal commands that climbers use to communicate with each other when they're climbing

3.23

rappelling

a technique that allows you to do a controlled descent down a rope from a cliff

3.24

sport climbing

a safe and convenient way to go rock climbing

3.25

climbing anchors

anchors for top-ropes and belays are essential for safe climbing

3.26

crack climbing

climbers climb cracks, natural weaknesses in cliffs, by jamming or wedging their hands, fingers, bodies, and feet in the cracks. learn all about crack climbing, how to climb different sizes of cracks, all the techniques to climb cracks, how to protect cracks, and how cracks are rated for difficulty

3.27

caving

caving is the sport of exploring underground caves and caverns. learn more about caving, caving equipment, caving skills, cave safety, cave conservation, and where to go caving

3.28

climbing knots

learn all the climbing knots you need to know when you go rock climbing. knots include friction knots, knots for rappelling, tie-in knots like the figure-8 follow-through knot, hitches including the clove hitch, and knots to tie ropes together like the double fisherman's knot

3.29

halter

traps that buckle around the horse or pony's head to facilitate tying and joint or fixed to the lead ropes for leading the horses

3.30

horses

the horses are either pure or mixed breeds: often they are mixed breeds as these have been found to be most suitable for the safaris and terrain

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3.31 Abbreviations

BMS	Basic Minimum Standards
CPR	Cardiopulmonary Resuscitation
EPs	Emergency Procedures
FT	Feet
H ₂ O	Water
PFD	Personal Flotation Device
PWC	Personal Water Craft
RAs	Risk Assessments
SOPs	Standard Operating Procedures
TA	Technical advisors

4 Types of adventurous tourism activities

These activities are:-

4.1 Land based

Mountaineering
Trekking
Horseback riding
Motor rallying
Rock climbing

4.2 Water based

River running
White water rafting
Kayaking
Jet skiing
Scuba diving
Wind surfing
Kitesurfing

4.3 Air based

Parasailing
Paragliding
Bungee Jumping

5 General requirements for adventurous tourism activities

The above mentioned activities have general requirements that apply to all of them they include:-

- (a) The guiding and porter staff on the mountain and the material supplied shall be adequate for the aims of the party and stated level of service offered.
- (b) An experienced doctor in the party is desirable but at the very least advance arrangements shall be known for medical help. Advance arrangements shall also be made for evacuation assistance in case of emergency.
- (c) The minimum safety equipment available is recommended walkie-talkie radios and recommended medical supplies.
- (d) Adventure tour operator shall give a true picture of all the difficulties and dangers involved, and avoid promising the impossible. If an expedition is commercially launched by an operator, then the Biographical information about the guiding team should be included.
- (e) The client shall truthfully reveal his experience, supported by documentation/photograph, medical history etc to the organizer so that the organizer can make an informed choice about the potential client.
- (f) Information supplied in advance will include a clear statement of the guiding, porter age and equipment which will be supplied by the organizer, together with details of the clothing and equipment to be supplied by the client. This is not in context of the operators assisting expeditions with logistics alone.
- (g) All equipment on which life is dependent shall be KEBS certified.

6 Basic minimum requirements for land based activities

6.1 Mountaineering

These Basic Minimum Standards (BMS) will apply specifically to commercial operators attempting 2000M and above, which offer to guide or accompany climbers above Base Camp and also to operators who offer more limited facilities. However, it will also concern operators who supply transport etc to Base Camp, and also supply Base Camp services and High Altitude porters. Mountain climbing in Kenya is done at Mt. Kenya, Masai mara, Longonot circuit- Longonot National park and Loita Hills trekking

6.1.1 Prerequisites for participation;

6.1.1.1 Age limit

The Age limit will be on Instructors' discretion but documented parental or legal guardian consent shall be obtained when the participant is a minor.

6.1.1.2 Health requirements.

Documented evidence shall be obtained that the participant has been medically screened as suitable for mountaineering, by means of an appropriate questionnaire or medical examination. In case of doubt, or at the guide's discretion, participants shall be referred to proper medical resources. If the participant is not examined by a physician the participant shall be obliged to confirm by signature that he or she has understood written information given by the mountain climbing guide on dispaceases and physical conditions which may pose risks in relation to climbing.

6.1.2 Techniques

6.1.2.1 Equipments

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It is important to note that mountain climbers shall have tried on all your equipment, make sure they fit and one can walk in it before climbing. All mountain climbers shall have the following equipments:-

- Sleeping bag (warmest one possible) (3 or 4 season) (can be hired)
- Roll mat. (can be hired)
- Walking shoes / boots. Preferably water proof but not essential
- 5 pairs of warm socks (nice to have a clean pair for every day)
- T shirt (1 or 2 to walk in)—Pair of lightweight trousers or shorts to walk in during the day (NOT JEANS)
- 2 Jumpers (fleece)
- 1 Down jacket if you have one
- 2 Pairs of tracksuit bottoms, or 1 ski bottoms
- Thermal underwear (tops and bottoms)
- Gloves
- Warm hat
- Rain jacket (essential, shall have) (trousers would be very nice)
- Sun hat
- Sun glasses (shall have)
- Sun cream
- Water bottle
- Wash kit
- Torch (essential)
- Day sack
- Camera
- Walking Poles
- A small day pack to carry water, waterproofs, camera and other small pieces (note you will be carrying this)
- Umbrella (very useful in rain and to keep sun off. I always carry one)
- Personal medication, Small blister pack, Nurofen, Paracetamol
- Pack your kit in plastic bags or dry bags, so if it rains your belongings do not get wet.
- Water purifying tablets

6.1.3 Safety

All mountain climbers shall consider the following safety requirements

6.1.3.1 Danger awareness:

Mountaineers climbing at very high altitude, especially above 2000m are at considerable stress to their mental and physical powers and may not be capable of assisting others as has always been traditional in mountaineering. This fact is of particular importance to mountaineers of limited experience, who rely on professional guides to bring them safely up and down the peaks. They should be made aware of the risk involved in climbing at altitudes are such that a degree of self-reliance is necessary.

6.1.3.2 Information to Clients:

A variety of organisations offer to take clients on 2000m or other comparable peaks. They vary from those which provide a full service to the summit or nearly to the summit, to those where there is minimal support for clients above Base Camp. However at the present moment it is difficult for clients to deduce from brochures exactly what is offered in terms of guiding and support, and whether it corresponds to their needs. These Basic Minimum Standards will supply clients with pointers to assist them to make an informed choice.

6.2 Rock Climbing

This is a sport in which participants climb up or across natural rock formations or artificial rock walls so as to reach the summit of a formation or the endpoint of a pre-defined route without falling. Rock climbing is similar to scrambling (another activity involving the scaling of hills and similar formations), but climbing is generally differentiated because of the use of hands to support the climber's weight as well as to provide balance.

Rock climbing is a physically and mentally demanding sport and it can be a dangerous sport. Therefore

knowledge of proper climbing techniques and usage of specialized climbing equipment is crucial for the safe completion of routes.

Because of the wide range and variety of rock formations around the world, rock climbing has been separated into several different styles and sub-disciplines that are described below.

6.2.1 Single Pitch Climbing / Top Rope Climbing and Abseiling

In top-roping, an anchor is set up at the summit of a route prior to the start of a climb. Rope is run through the anchor; one end attaches to the climber and the other to the belayer, who keeps the rope taut during the climb and prevents long falls. This type of climbing is widely regarded as the safest type of climbing, with the lowest chance of injury. (Ideal for beginners)

6.2.2 Trip requirements

6.2.2.1 All trips shall be conducted with at least one qualified guide on at a ratio of 1:10, 1:20 with an assistant. A senior guide or trip leader (TL) shall be present and supervise the activity at all times.

6.2.2.2 Consumption of alcohol in any form or quantity or illicit drugs shall not be allowed at least six hours prior to the trip.

6.2.2.3 All participants shall be made aware, provided with correct and up to date reliable information of the activity they are to undertake so that they can be aware of the risks and dangers of the activity.

6.2.2.4 All participants shall read and sign a disclaimer explaining the activity.

6.2.3 Client participation requirements

Age shall be considered in line with the difficulty of the climb and it should be tailored to client's age and fitness. Minors shall have parental consent.

6.2.4 Health and fitness:

Documented evidence to be obtained confirming that the participant is medically suitable for the activity (signed questionnaire). People suffering from any serious ailments, weak heart conditions, epilepsy and expecting mothers should not be allowed to participate and no climbing experience required (client's can be taught to climb, however guide needs to take into considerations clients ability and chose an appropriate route.)

6.2.5 Equipment

6.2.5.1 All trip leaders shall carry a well- equipped first Aid kit

6.2.5.2 A correctly sized and correctly fitted harness shall be worn at all times. It shall be checked by instructor before the session begins. **Shall be approved for climbing by international standards**

6.2.5.3 Helmets

- a) Shall be worn while climbing at all times.
- b) Shall be approved for climbing by international standards
- c) The helmet should be fitted and adjusted correctly.

6.2.5.4 Ropes

- a) Ropes shall be in good condition and well maintained (Log books for every climb and use should be kept and checked)
- b) Ropes shall be checked before use.
- c) Ropes shall be retired when damaged and have reached manufactured guidelines (see rope)

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6.2.5.5 All equipment shall be stored correctly.

6.2.5.6 All equipment shall be checked regularly and repaired or retired if required (Basic records logbooks to be kept)

6.2.5.7 All participants shall wear suitable attire.

6.2.5.8 Anchors to be set up correctly and checked by a qualified instructor

6.2.6 Briefing

Client shall be briefed on issues covering all pertinent details for the trip before setting off. The following shall be addressed.

The trip to be undertaken, clothing, equipment, correct fitting and use, climbing techniques, belaying techniques, tying in techniques, lowering techniques, safety commands, wildlife considerations, Medical and personal considerations, signing of documents and continual briefing when required.

6.2.7 Instructors/trip leaders

Each trip to be lead by a qualified trip leader (TL) and accompanied by qualified guides. The Ratio is 1:10 maximum and 1:20 with an assistant instructor. The instructor/trip leader shall:

6.2.7.1 Have been a guide for at least one year with a lot of experience and have a multi pitch climbing qualification

6.2.7.2 Be able to understand the trip planning, rescue techniques, EPs, RAs, SOPs,

6.2.7.3 Hold a current first aid and cardiopulmonary resuscitation (CPR) certificate.

6.2.7.4 Maintain a log-book recording for every trip made

6.2.7.5 Wear or carry the appropriate kit

6.2.7.6 Ensure that SOPs RAs and EPs to be understood and followed.

6.2.7.7 Familiarize themselves to the area before taking clients.

6.2.7.8 Be able to communicate effectively to the clients.

6.2.7.9 Hold a valid first aid and (CPR) certificate

6.2.7.10 Maintain a log-book recording each run

6.2.7.11 Ensure that all SOPs, RAs and EPs are well understood and followed

6.2.7.12 Have regular training Skills, techniques, client briefing and management, emergency and rescue techniques, be knowledgeable about equipment, safety and EPs, RAs, SOPs, Climbing theory, leadership, signals, environment protection

6.2.7.13 Ensure that special consideration and effort are made to protect the environment, local culture or heritage as well as respect access within local community.

6.2.7.14 Have climbing experience more so in belaying and abseiling.

6.2.7.15 Be able to locate an appropriate route finding and route planning (in order to carry correct equipment and food) for the climb

6.2.7.16 Ensure that the ratio of clients during climbing is ratio 1:4 or 1:6

6.2.8 Techniques

Equipment needed for rock climbing include:-

6.2.8.1 Dynamic rope (is a specially constructed, stretchable rope. This 'stretch' is what makes it 'dynamic', in contrast to a static rope that doesn't have any give when under load).

6.2.8.2 Harness (is a system used for connecting the rope to the climber. Most harnesses used in climbing are pre-constructed and are worn around the pelvis and hips, although other types are used occasionally).

6.2. 8.3 Climbing helmet (is a piece of safety equipment that primarily protects the skull against falling debris (such as rocks or dropped pieces of protection) and impact forces during a fall) .

6.2. 8.4 Climbing/ Rock shoes (-has stiff, smooth rubber sole).

6.2. 8.5 Belay devices & Ascenders (are mechanical friction brake devices used when belaying. They allow control of the belay rope while their main purpose is to allow locking off of the rope with minimal effort).

6.2. 8.6 Carabineers (are metal loops with spring-loaded gates (openings), used as connectors).

6.2. 8.7 Figure eight (this device is most commonly used as a descender).

6.2. 8.8 Protection devices (collectively known as rock protection or pro, provide the means to place temporary anchor points on the rock).

6.2. 8.9 Chalk pot/ bag & Chalk (keeping sweating fingers dry for hard grip).

6.2. 8.10 Webbing and cordages (small ropes used with climbing ropes and devices.- used tied into a loop).

6.3 Horseback riding in Kenya.

Horse back riding is the sport of sitting on the back of the horse while controlling its movements especially for enjoyment or as a form of exercise. Horseback riding is done in two ways based on how and where the activity is conducted from. They include:-

a) Enclosed Horseback Riding:-

This form of riding is conducted for either beginners or young riders that possess none or elementary riding skill levels. The activity is conducted in a restricted area, with the fencing that is at least 42 inches high, visible, and well maintained.

Note: for purposes of this draft this group will be referred to as "Juniour category".

b) Horseback riding safaris (Experienced category):-

This refers to experienced and strong riders, fully knowledgeable and skilled experts in horse handling who engage a horse on safari. Riding it on any stable form of terrain. The rider gets an opportunity to see big game and interact with wild animals from "a stone throw away" distance making this experience unique and fully thrilling.

Horseback safaris are conducted in Amboseli, Chyulu Hills, Laikipia and the Masai Mara

6.3.1 Trip requirements

6.3.1.1 All trips Horseback riding for junior categories Riders are supervised by instructors or assistant instructors at all times when in the proximity of horses, whether mounted or not.

6.3.1.2 Any company operating commercial Horse back riding schools or Horseback riding safaris shall be registered and approved by the Horse Association of Kenya (H.A.K).

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6.3.1.3 Alcohol and Drugs: Consuming alcohol in any form or quantity or illicit drugs at least 12 hours prior to the Horse back riding activity is not allowed.

6.3.1.4 All participants to be made aware of the activity they are to undertake. To be provided with correct and up to date reliable information on activity, so as to understand and acknowledge the risks and dangers of the activity.

6.3.1.4.1 To read and sign a disclaimer explaining the activity.

6.3.1.4.2 All participants to listen and participate in a full briefing before the activity (see 6.3 4)

6.3.2 Client participation requirements

6.3.2.1 Age Limit: 14 years and above for 1st timers without any elementary experiences with horses. This may be relaxed to 3- 4 years for riders in riding schools. Minors shall have parental consent.

6.3.2.2 Health and fitness: Documented evidence to be obtained confirming that the participant is medically suitable for the activity (signed Annex A). People suffering from any serious ailments, weak heart conditions, epilepsy and expecting mothers should not be allowed to participate.

6.3.2.3 No previous horse handling needed in Junieur category but mandatory **assessment of participants' maturity level** for 1st Timers ages 14 -16 years and adults who had previous elementary training on horseback riding.

6.3.2.4 They shall be old enough to understand and practice safety procedures, to use good judgment in reacting to situations, and to take responsibility for themselves and their horses.

6.3.3 Equipment

6.3.3.1 First Aid: All trip instructors shall carry a well equipped waterproofed first Aid kit

6.3.3.2 Clothing: Long pants and appropriate protective clothing (clothing is snug to prevent tangling with saddle) Rain gear (if rainy).

6.3.3.3 Foot wear: Boots or closed toe shoes with a smooth sole and at least a half-inch heel to prevent feet from sliding through stirrups (no steel toe shoes, which could bend in stirrups).

6.3.3.4 Gloves: Well fitting gloves to protect hands from blisters, rope burns, and cuts.

6.3.3.5 Horse Equipment: These are mandatory for any horse back ride for without them the rider and horse will be very uncomfortable and will basically not coordinate at all.

6.3.3.6 Lead Ropes: A rope with a snap on one end, about 6 feet long, attached to the halter and used to lead and tie horses or ponies. Leads can be made of leather or synthetic materials.

6.3.3.7 Helmets are mandatory and shall be worn by all participants.

- a) Shall be worn on all Horse back rides and it is recommended that helmets be kept on throughout the trip.
- b) The Helmet should fit and with a fitting safety harness that meets the KEBS requirements, displaying its (Keb's) Safety Equipment seal.
- c) The helmet should be fitted and adjusted correctly.

6.3.3.8 All equipment shall be checked regularly and repaired or retired if required, stored correctly and put away in a dry place.

6.3.4. Briefing:

Client shall be briefed on issues covering all pertinent details for the trip before setting off. The following shall be addressed

6.3.4.1 The trip to be undertaken

6.3.4.2 Clothing

6.3.4.3 Equipment, correct fitting and use.

6.3.4.4 Horse commands

6.3.4.5 Safety Initiatives

6.3.4.6 Rescue

6.3.4.7 Mounting Rider back into the Horse

6.3.4.8 Wildlife considerations

6.3.4.9 Medical and personal considerations

6.3.4.10 Signing of documents

6.3.4.11 A practice briefing to be done before getting on the horse recapping everything (Mostly for Juniors Riders)

6.3.5. Instructors:

Each Ride to be lead by a qualified Riding Instructor (RI) and accompanied by qualified Riding Assistants. Ratio is 2:10 maximum.

6.3.5.1 Riding Instructor:

6.3.5.1.1 To have been an Instructor for at least 3 years

6.3.5.1.2 To have sat and passed Horse Association of Kenya (H.A.K) test or hold an equivalent international qualification (South African, American or British).

6.3.5.1.3 To understand the trip planning, Horse Back Riding rescue techniques, EPs, RAs, SOPs,

6.3.5.1.4 To hold a current first aid and cardiopulmonary resuscitation (CPR) certificate. Should be prepared to handle cases of injury from falls as well as abrasions and sunburn

6.3.5.1.5 SOPs, RAs and EPs to be understood and followed

6.3.5.1.6 Should familiarize themselves to the Riding Course before taking clients on it.

6.3.5.1.7 Should be able to communicate effectively to the clients.

6.3.5.1.8 Maintain a log-book recording trip

6.3.5.1.9 Able to administer Wilderness and Remote First Aid in the group in case of a delay in emergency response.

6.3.5.2 Assistant Riding Instructors

6.3.5.2.1 To have sat and passed the Horse Association of Kenya (H.A.K) test or hold an equivalent international qualification.

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6.3.5.2.2 Hold a valid first aid and (CPR) certificate

6.3.5.2.3 Have guided a Riding Trip under the supervision of a qualified Riding Instructor.

6.3.5.2.4 Maintain a log-book recording each run

6.3.5.2.5 SOPs, RAs and EPs to be understood and followed

6.4 Motor rallying

Motor rallying also known as rally racing, is a form of auto racing that takes place on public or private roads with modified production or specially built road-legal cars. This motor sport is distinguished by running not on a circuit, but instead in a point-to-point format in which participants and their co-drivers drive between set control points (special stages), leaving at regular intervals from one or more start points. Kenya Motor Sports Limited is the body that licenses all motor sporting activities in Kenya. Although motor vehicle rallying is the one commonly known in the public domain, there are three types of categories as follows:

- Motor Cycle rallying
- GP Karting
- Motor Vehicles

6.4.1 General requirements for motor rallying.

6.4.1.1 National Control of Motor sport

Kenya Motor Sports Foundation (KMSF) is the National Sports Authority (ASN) recognized by the FIA as the sole authority and sporting power for the enforcement of the present International Sporting Code (CSI) and control of motor sport of every form in Kenya and have given this authority to Kenya Motor Sports Limited to manage the day to day running of motor sport in Kenya. Therefore for one to participate he/she shall get authority from KSMF.

6.4.1.2 National Competition Rules (NCR's)

In order that the above delegated powers may be exercised in a fair and equitable manner, KMSF, through its Motor sport Council has drawn up a set of rules to be known as the **NCR's**. The NCR's will be available to all motor sport participants and Clubs and copies may be purchased from KMSF. Appendices shall be published by the Motor sport Council and shall have the force of the NCR. These will be made available by KMSF but obligation to obtain copies is that of the license holder or Club.

6.4.1.3 Registration of Motor Clubs

For one to be registered by KMSF he/she shall be an affiliated motor clubs (Recognized Clubs) and Organizations who have undertaken to abide by the NCRs.

6.4.1.4 General Conditions

All events are subject to a grant of an organizing permit by KMSF, unless waived. KMSF reserves full right to modify the requirements under which any organizing permit is granted or waived. It is a condition of KMSF approval that all requirements are complied with; and any breach of this condition shall invalidate any approval which may have been given.

6.4.1.5 Time Limits

For all events inscribed on the KMSF Motor sport Calendar the following requirements shall apply:

At least two weeks prior to the date of the proposed event:

- Application for an organizing permit (on a form prescribed by the KMSF).
- Two copies of the ASRs for the event.
- Details of proposed route or courses.

- Copies of all correspondence with the police to apply for Police Permission.
- ASRs in duplicate.
- Written permission from Land/Plot owner in case of event being held on private land.

Two copies of the Safety plan for the event.

At least 10 - days prior to the date of the proposed event:

- Details of final route or courses and time schedule.
- Details of service schedules and locations.
- Police permission.
- ASRs to be returned with approval by KMSF.

Within 10 days after each event (on forms prescribed by KMSF):

- A report from the Scrutineer of cars/classes entered and any fines collected or nonpayment.
- A list of Officials.
- A list of additional-voluntary insurance covered persons plus the levies collected
- Levies collected for compulsory 3rd party cover.
- A list of starters and the numbers of their respective competition licenses.
- A copy of the results provisional or final as the case may be on the KMSF standard results form, which the KMSF Secretariat shall post and update the Championship Standings within 7 days thereon, if there is no Appeal pending.
- An indication of each vehicle's class.
- A resume of any protest including notes of action taken and any fines imposed.
- A report from the Steward(s) of the Meeting.
- A copy of all competitors' stage, section and race times.

7 Basic minimum requirements for water based activities

7.1 Jet Ski

It is a small self propelled vehicle for one person resembling a scooter which skims across water on a flat keel and is steered by means of handle bars.

7.1.1 Competence

Competence incorporates all aspects of skill performance, including problem solving and capacity to apply skills and knowledge in both familiar and new situations. Assessment of competence involves the assessment of skills and knowledge that one has.

7.1.2 Prerequisites for participation

7.1.2.1 Age limit

The age limit for jet skiing is 18 but manufacturers recommend the age of 16yrs with a Boater Education Certificate and a photo ID. Children younger than 16 are prohibited from operating a Jet Ski however they can ride with someone who is 18 years or older.

7.1.2.2 Health requirement

Documented evidence shall be obtained that the participant has been medically screened by means of appropriate questionnaire or medical examination. In case of doubt or at the jet skier instructor's discretion, participants shall be referred to proper medical resources.

Documented evidence to be obtained confirming that the participant is medically suitable for the activity (signed questionnaire).

7.1.3 Equipments

Several equipments shall be used while jet skiing and they are as follows:-

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7.1.3.1 Personal Flotation devices (PFD's) are mandatory and shall be worn by every participant at all time when on the water.

7.1.3.2 PFDs shall have adequate buoyancy (minimum of 6.35 kgs or 14lbs for adult), have adjustable straps to ensure tight fit.

7.1.3.3 Ensure that you have course waterproof and insulation gloves and padding for additional The Jet Ski equipment shall:-

- Be of good condition and well maintained (No maintenance log is required).
- Be stored correctly and put away dry, shall be washed in fresh water if used in salt water.
- Be checked regularly and repaired or retired if required (Basic records log books to be kept).

7.1.4 Safety

All jet skiers shall observe safety rules as follows:-

7.1.4.1 Once you are out on the water, constantly be on the lookout for other boats, skiers, divers, and swimmers.

7.1.4.2 It can be difficult, especially in choppy water, to see swimmers and fallen skiers, so you shall be constantly vigilant and keep a wide distance from boats and the shoreline.

7.1.4.3 Do not use waves and the wakes made by boats as ramps.

7.1.4.4 The equipment to be used shall be fitting correctly, easily adjustable and be secured and be in top quality ailment also ensure that the water is cost-free from obstructions and is deep sufficient.

7.1.4.5 Also, prior to your set off, be sure excellent weather will prevail while you are skiing. Be informed of the wind speed that may occasionally result in unanticipated tough disorders for the water skiing. Make certain the surrounding climate is within sync with your planned activity.

7.1.4.6 You shall always wear a fitted, Coast Guard-approved lifejacket.

7.1.4.7 Make use of whatever engine-stop accessory is provided by the Jet Ski manufacturer. For instance, many jet skis come with a lanyard that is placed around the wrist, which that will automatically shut off the engine if the driver falls.

7.1.4.8 Do not operate a jet ski if you have had any alcohol or other drugs in order to remain vigilant and alert.

7.1.4.9 Do not ride a jet ski unless you have reached the legal age to do so according to the relevant jurisdiction. In most countries, one shall be 16 and above years old.

7.1.4.10 Avoid accidents by keeping your distance. Remember a Personal Water Craft (PWC) has no brakes so the distance from other Jet Skis, Boats and Shoreline should be at least 50 feet.

7.1.4.11 Personal Watercraft's are prohibited on the water before sun rise or after sunset. They are not designed with navigation lights, so when the sun sets so does your machine - on the trailer or lift.

7.1.4.12 Be aware of your surroundings and watch for people in the water, other boaters and personal watercraft Jet Skiers.

7.1.4.13 To avoid injury, turn off the engine when individuals are in the water.

7.1.4.14 Don't stand in or on a vessel while it is in motion.

7.1.4.15 Try to minimize distractions while riding a Jet Ski, just like you would as a car driver. If towing a skier, watch the horizon and let one of your passengers observe the skier.

7.1.4.16 Watch the oil, temperature and other gauges for signs of problems. Ignoring warning signs can result in costly repairs.

7.1.4.17 Be sure to check the engine compartment to see if the battery is secure and the cables are tight. Check fuel lines for leaks or signs of wear or cracking.

7.1.4.18 Check the vessel's fire extinguishers to make sure they are not expired.

7.1.4.19 Public liability insurance covering the activity should be in place. Consult a reputable insurer or broker on the exposure to risk and, in particular, ensure that adequate public liability is in place. Before hosting groups of visitors or planning a public event, check with an insurance agent about adequacy of liability coverage. Be guided by the insurer in how to structure ones business and ensure to minimize exposure to risk to the maximum extent

7.1.5 Conduct

7.1.5.1 The programme shall ensure that the participants have appropriate introductory knowledge of jet skiing and the skiing environment.

7.5.1.2 In order to be suitable, a body of water shall be at least five feet deep and 2000-3000ft long.

7.5.1.3 There shall be enough room for all of the vessels on the water to have at least 100ft of open space in all directions.

7.5.1.4 Some bodies of water will contain buoys, stumps, or pilings: be sure you know the locations of all these obstacles before you begin skiing.

7.1.6 Skills required

For one to be a skier he/she shall have a boater's safety course as is required, be familiar with some of the basic riding techniques that you will need to learn, practice, and eventually master.

7.2 Surfing

Surfing is the use of a surf board, for being powered by the force of waves to move across water. Surfing is distinguished from kite surfing and wind surfing by not needing any kite or sail or wind to be propelled on the water, just the force of waves.

Surf boards come in various different sizes and shapes, depending on the environment being surfed.

7.2.1 Surfing courses definition

7.2.1.1 Course requirements

All courses shall be conducted by experienced surf instructors.

- Alcohol and Drugs: Consuming alcohol in any form or quantity or illicit drugs at least six hours prior to participating in surfing activities is not allowed.
- All participants shall be made aware of the activity, risks and dangers of the activity they are to undertake. Therefore they shall be fully briefed of the activity, read and sign a disclaimer explaining the activity.

7.2.2 Client participation requirements

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7.2.2.1 Age Limit: 10 years and participants shall know how to swim.

7.2.2.2 Health and fitness:

Documented evidence shall be obtained confirming that the participant is medically suitable for the activity (signed questionnaire).

7.2.3 Equipment

7.2.3.1 All companies conducting surfing activities shall carry a well- equipped first Aid kit

7.2.3.2 Personal flotation devices shall be worn by every participant on the water

7.2.3.3 Personal flotation devices shall have adequate buoyancy (minimum of 6.35 kgs or 14lbs for adult) and have adjustable straps.

7.2.3.4 All equipment shall be checked, adjusted regularly and repaired or retired if required by instructor before getting in the water.

7.2.3.5 Helmets shall be worn during surfing courses and be fitted and adjusted correctly.

7.2.3.6 All equipment shall be stored correctly, dried and be washed in fresh water if used in salt water.

7.2.3.7 All participants to wear suitable attire.

7.2.4 Technical advisors (TA): There shall be a TA for the company who is an expert in his field that checks all documentation, and ensures the company is doing everything to or above the BMS

7.2.5 Consideration and effort should be made to protect the environment, local culture and the local community.

7.3 Wind Surfing

Wind surfing is the use of a sail and a surf board, for being powered by the force of wind to move across water. Wind surfing is distinguished from kite surfing by using a sail and not a kite to be propelled on the water by the force of the wind.

Wind surf boards and sails come in various different sizes and shapes, depending on the environment being wind surfed.

7.3.1 Course requirements

- All courses shall be conducted by experienced surf instructors.
- Alcohol and Drugs: Consuming alcohol in any form or quantity or illicit drugs at least six hours prior to participating in surfing activities is not allowed.
- All participants shall be made aware of the activity, risks and dangers of the activity they are to undertake. Therefore they shall be fully briefed of the activity, read and sign a disclaimer explaining the activity.

7.3.2 Client participation requirements

7.3.2.1 Age Limit: 10 years and participants shall know how to swim.

7.3.2.2 Health and fitness:

Documented evidence shall be obtained confirming that the participant is medically suitable for the activity (signed questionnaire).

7.3.3 Equipment

7.3.3.1 All companies conducting surfing activities shall carry a well- equipped first Aid kit

7.3.3.2 Personal flotation devices shall be worn by every participant on the water

7.3.3.3 Personal flotation devices shall have adequate buoyancy (minimum of 6.35 kgs or 14lbs for adult) and have adjustable straps.

7.3.3.4 All equipment shall be checked, adjusted regularly and repaired or retired if required by instructor before getting in the water.

7.3.3.5 Helmets shall be worn during surfing courses and be fitted and adjusted correctly.

7.3.3.6 All equipment shall be stored correctly, dried and be washed in fresh water if used in salt water.

7.3.3.7 All participants to wear suitable attire.

7.3.4 Technical advisors (TA): There shall be a TA for the company who is an expert in his field that checks all documentation, and ensures the company is doing everything to or above the BMS

7.3.5 Consideration and effort should be made to protect the environment, local culture and the local community.

7.4 Kite Surfing

Kite Surfing is the use of a kite and surf board, for being powered by the force of the wind to move across water. Kite surfing is distinguished from wind surfing by the use of a kite to harness the power of the wind as opposed to the use of a sail.

Two types of kites exist in kite surfing. Foil kites and inflatable kites.

7.4.1 Kite courses definition

7.4.1.1 Course requirements

7.4.1.1.1 All courses shall be conducted by certified kite instructors under the IKO (international kite boarding organization)

7.4.1.1.2 Any company operating in the sport of kite surfing shall be registered with the following globally recognized organization; IKO (International Kite Boarding Organization)

7.4.1.1.3 Alcohol and Drugs: Consuming alcohol in any form or quantity or illicit drugs at least six hours prior to participating in kite surfing activities is not allowed.

7.4.1.1.4 All participants shall be made aware of the activity, risks and dangers of the activity they are to undertake. Therefore they shall be fully briefed of the activity, read and sign a disclaimer explaining the activity.

7.4.2 Client participation requirements

7.4.2.1 Age Limit: 10 years and participants shall know how to swim.

7.4.2.2 Health and fitness:

Documented evidence shall be obtained confirming that the participant is medically suitable for the activity (signed questionnaire).

7.4.3 Equipment

7.4.3.1 All companies conducting surfing activities shall carry a well- equipped first Aid kit

7.4.3.2 Personal flotation devices shall be worn by every participant on the water

7.4.3.3 Personal flotation devices shall have adequate buoyancy (minimum of 6.35 kgs or 14lbs for adult) and

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have adjustable straps.

7.4.3.4 All equipment shall be checked, adjusted regularly and repaired or retired if required by instructor before getting in the water.

7.4.3.5 Helmets shall be worn during surfing courses and be fitted and adjusted correctly.

7.4.3.6 All equipment shall be stored correctly, dried and be washed in fresh water if used in salt water.

7.4.3.7 All participants to wear suitable attire.

7.4.4 Technical advisors (TA): There shall be a TA for the company who is an expert in his field that checks all documentation, and ensures the company is doing everything to or above the BMS

7.4.5 Consideration and effort should be made to protect the environment, local culture and the local community.

7.5 Scuba Diving

Scuba diving simply means going through a session of underwater swimming and diving deep under the waters using what is known as a Scuba set.

Note

This scuba set include:-

- Breathing apparatus device that facilitates breathing in cases of respiratory failure
- cylinder - a cylindrical container for oxygen or compressed air
- oxygen mask - a breathing device that is placed over the mouth and nose; supplies oxygen from an attached storage tank

Scuba diving in Kenya is normally done at the Kenyan coast mostly at the south coast, this activity has attracted a number of clients and it is now becoming more popular than before. The requirements mentioned below are used to encourage the participant to seek further training and they are also taught only what is necessary for them to experience scuba diving under direct supervision.

7.5.1 Competence

The programme shall ensure that participants are able to participate safely in an introductory open water dive. The completion of the programme in accordance with this International Standard does not qualify the participants to procure breathing gas, diving equipment or any other scuba diving services, nor does it allow the participant to engage in recreational diving without direct supervision by an instructor.

7.5.2 Prerequisites for participation

7.5.2.1 Minors

Documented parental or legal guardian consent shall be obtained when the participant is a minor.

7.5.2.2 Health requirements

Documented evidence shall be obtained that the participant has been medically screened as suitable for recreational diving, by means of an appropriate questionnaire or medical examination. In case of doubt, or at the scuba instructor's discretion, participants shall be referred to proper medical resources. If the participant is not examined by a physician the participant shall be obliged to confirm by signature that he or she has understood written information given by the scuba instructor on diseases and physical conditions which may pose risks in relation to diving.

NOTE Annex A provides an example of an information sheet for medical screening.

7.5.3 Introductory information

Information in accordance with ISO 24803 shall be made available to the participants prior to the programme taking place. In addition, participants shall be informed that the completion of a programme in accordance with this International Standard does not qualify the participants to procure breathing gas, diving equipment or any

other scuba diving services, nor does it allow the participant to engage in recreational diving without direct supervision by an instructor.

7.5.4 Technique

7.5.4.1 Equipment

The programme shall ensure that participants have appropriate introductory knowledge on the use of the following equipment items:

- mask;
- fins;
- buoyancy compensator;
- quick release weight system (if appropriate);
- demand regulator;
- submersible pressure gauge (breathing gas pressure monitor);
- Alternative breathing gas system.

7.5.4.2 Dive conduct

The programme shall ensure that participants have appropriate introductory knowledge of diving and the diving environment, i.e.

1. reasons for:
 - not holding one's breath;
 - breathing continuously during the introductory dive;
 - ascending slowly;
- 2 equalization techniques;
- 3 potential local hazards (e.g. harmful aquatic life);
- 4 hand signals;
- 5 ☐ necessity for seeking further training, and where to obtain it.

7.5.5 Scuba skills

The following scuba skills shall be introduced to, and demonstrated by, participants in confined water in accordance with 7.6.3 prior to diving in open water.

- underwater breathing;
- mask clearing;
- ear clearing/equalization technique;
- Mouthpiece clearing and retrieval.

7.5.6 Requirements for in-water activities

7.5.6.1 General

Activities in confined water (see 7.5.6.2) and open water (see 7.5.6.3) may be conducted separately or they may be combined into a single session, with skills being initially introduced in shallow water before participants are taken into deeper water.

The safe supervision of students is exclusively the responsibility of the scuba instructor. Where environmental conditions are less than ideal (e.g. where underwater visibility is poor, or where there is significant water movement), the scuba instructor shall limit the number of students under his/her responsibility. The scuba instructor may also use additional aids to improve safety, e.g. ascent lines, surface support stations or safety scuba divers. Where safety scuba divers are used, they shall have an appropriate level of rescue competence, i.e. at least dive leader level.

7.5.6.2 Confined water

During any in-water activities, a scuba instructor shall be present. All scuba skills shall be directly supervised by a scuba instructor. The scuba instructor shall determine whether the participant's performance is sufficient to be able to participate in the open water dive.

Participants shall be introduced to, and shall be required to demonstrate, scuba skills in accordance with 7.5.5.

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In a swimming pool, the maximum number of participants per scuba instructor shall be eight. If a natural site is used for confined water activities (e.g. a sheltered area of shallow sea),

- the maximum number of participants shall be four, or
- ☐ when the scuba instructor is assisted by a dive leader, the maximum number of participants shall be six.

Additional dive leaders may be used as assistants; however, no additional participants shall be added to the responsibility of the individual scuba instructor.

All scuba skills shall be conducted in daylight conditions, in confined water shallow enough for the participant to stand up in. When water shallow enough to stand up in is not available, these skills may be conducted from a device such as a descent line, bar, ladder or platform within 2 m of the surface.

7.5.6.3 Open water dive

Open water scuba divers shall be directly supervised by a scuba instructor.

For open water dives,

- the maximum number of participants per level 2 scuba instructor shall be four, or
- ☐ when the level 2 scuba instructor is assisted by a dive leader, the maximum number of participants shall be six.

The level 2 scuba instructor shall limit the number of students where environmental conditions are less than ideal, e.g. where underwater visibility is poor or where there is significant water movement.

All open water dives shall be conducted during daylight conditions at depths not in excess of 12 m, and in water that allows direct vertical access to the surface

During an open water dive, the level 2 scuba instructor may delegate responsibility for direct supervision to a dive leader for the purposes of escorting participants during surface excursions and exits.

During open water dives, the level 2 scuba instructor shall be equipped with

- diving equipment as defined in 3.8,
- a dive knife/diver's tool, and
- An emergency-signaling device.

NOTE When appropriate, the use of a surface support-station with dive flag is encouraged.

During open water dives, participants shall at least be equipped with diving equipment except that a snorkel, an alternative breathing gas system and a means to measure depth and time and to safely limit exposure to inert gas are not required.

During open water dives, level 2 scuba instructors shall not engage in any activities other than direct Supervision of the participants

Descents shall be conducted in a controlled manner that allows participants to equalize their airspaces.

7.6 White water rafting

White water rafting is a challenging recreational outdoor activity using an inflatable raft to navigate a river or other bodies of water. This is usually done on white water or different degrees of rough water, in order to thrill and excite the raft passengers.

Whitewater (either an individual rapid, or the entire river) is classed in six categories from class I (the easiest and safest) to class VI (the most difficult and most dangerous).

Class 1: Very small rough areas, requires no maneuvering. (Skill Level: None)

Class 2: Some rough water, maybe some rocks, small drops, might require maneuvering. (Skill Level: Basic)

Paddling Skill)

Class 3: Whitewater, medium waves, maybe a 3–5 ft drop, but not much considerable danger. May require significant maneuvering. (Skill Level: Experienced paddling skills)

Class 4: Whitewater, large waves, long rapids, rocks, maybe a considerable drop, and sharp maneuvers may be needed. (Skill Level: Whitewater Experience)

Class 5: Whitewater, large waves, continuous rapids, large rocks and hazards, maybe a large drop, precise maneuvering (Skill Level: Advanced Whitewater Experience)

Class 6: Whitewater, typically with huge waves, huge rocks and hazards, huge drops, but sometimes labeled this way due to largely invisible dangers. Class 6 rapids are considered hazardous even for expert paddlers using state-of-the-art equipment, and come with the warning "danger to life or limb." (Skill Level: Expert) a matter of great luck or extreme skill)

7.6.1 Trip requirements

7.6.1.1 All trips on white water for tourists will be conducted with at least one qualified guide on each raft. A senior guide or trip leader shall be present and supervise the activity at all times.

7.6.1.2 Any company operating river running trips or commercial white water rafting trips shall be registered and approved by the East African River Guides Association (EARGA).

7.6.1.3 Alcohol and Drugs: Consuming alcohol in any form or quantity or illicit drugs at least six hours prior to the river trip is not allowed.

7.6.1.4 All participants to be made aware of the activity they are to undertake. To be provided with correct and up to date reliable information on activity, so as to understand and acknowledge the risks and dangers of the activity.

7.6.2 Client participation requirements

7.6.2.1 Age Limit: 12 years on white water grade IV and above. On grade III and below it may be relaxed to 6 years. Minors shall have parental consent.

7.6.3 Health and fitness:

7.6.3.1 Documented evidence to be obtained confirming that the participant is medically suitable for the activity (signed questionnaire). People suffering from any serious ailments, weak heart conditions, epilepsy and expecting mothers should not be allowed to participate.

7.6.3.2 No pre swimming requirements.

7.6.3 Equipment

7.6.3.1 All trip leaders shall carry a well- equipped first Aid kit

7.6.3.2 All boats to shall have a safety rope (minimum 10 meters)

7.6.3.3 Personal flotation devices shall be worn by every participant on the water, have adequate buoyancy (minimum of 6.35 kgs or 14lbs) ,have adjustable traps and shall be U.S. coast Guard Type III or V or equivalent.

7.6.3.4 All equipments shall be checked and adjusted by guide before getting on the water.

7.6.3.5 Helmets are mandatory and shall be worn by all participants throughout the trip.

Shall be approved by US and or EU for use in whitewater.

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7.6.3.6 Rafts shall have:

- A tight safety line going all around the raft.
- A bow- line and preferably a stern line as well.
- Self-bailing rafts are recommended.
- Rafts shall be of good condition and well maintained (No maintenance log is required)

7.6.3.7 All equipment shall be correctly stored, regularly checked and repaired or retired.

7.6.4. Briefing:

A detailed safety brief by a guide covering all pertinent details for the trip before setting off shall be undertaken covering the following:-

- 7.6.4.1 The trip to be undertaken
- 7.6.4.2 Clothing
- 7.6.4.3 Equipment, correct fitting and use.
- 7.6.4.4 Paddle commands
- 7.6.4.5 Safety commands
- 7.6.4.6 Swimming and rescue
- 7.6.4.7 Getting people back into the boat
- 7.6.4.8 Flipping
- 7.6.4.9 Wildlife considerations
- 7.6.4.10 Medical and personal considerations
- 7.6.4.11 signing of documents
- 7.6.4.12 Answer other questions
- 7.6.4.13 A practice briefing to be done before getting on the river recapping everything
- 7.6.4.14 A briefing to be done above every major rapid

7.6.5 Instructors:

Each trip shall be lead by a qualified trip leader (TL) and accompanied by qualified guides. Ratio is 1:8 maximum.

7.6.5.1 Requirements for a trip leaders:

All trip leaders shall:-

- 7.6.5.1.1 Have been a guide for at least one year
- 7.6.5.1.2 Have sat and parsed the EARGA TL test or hold an equivalent international qualification.
- 7.6.5.1.3 Understand the trip planning, white water rescue techniques, EPs, RAs, SOPs,
- 7.6.5.1.4 Hold a current first aid and cardiopulmonary resuscitation (CPR) certificate
- 7.6.5.1.5 Maintain a log-book recording trip
- 7.6.5.1.6 Shall wear or carry the appropriate kit (PFD, Helmet, Flip line, Knife and Personal flip line (optional)).
- 7.6.5.1.7 SOPs. RAs and EPs to be understood and followed
- 7.6.5.1.8 Should familiarize him/her self to the river before taking clients on it.
- 7.6.5.1.9 Should be able to communicate effectively to the clients.

7.6.5.2 Requirements for a assistant guides

All assistant guides shall:-

7.6.5.2.1 Have sat and passed the EARGA test or holds an equivalent international qualification.

7.6.5.2.2 Hold a valid first aid and (CPR) certificate

7.6.5.2.3 Have guided a raft under the supervision of a qualified trip leader.

7.6.5.2.4 Maintain a log-book recording each run

7.6.5.2.5 Wear or carry the appropriate kit (PFD, Helmet, Flip line, Knife and Personal flip line (optional))

7.6.5.2.6 Ensure that all SOPs, RAs and EPs to be understood and followed

7.6.6. Training:

Regular training should take place and the following shall be addressed:-

7.6.6.1 Rafting techniques, crew training and management, emergency and rescue techniques.

7.6.6.2 Equipment, safety and EPs, RAs, SOPs, rapid theory, leadership, signals, environment protection

7.6.7 There shall be a TA for the company who is an expert in his field that checks all documentation, and ensures the company is doing everything to or above the BMS

7.6.8 Consideration and effort should be made to protect the environment, local culture and the local community.

7.7 Kayaking and Canoeing

Kayaking is the use of a kayak for moving across water. Kayaking is distinguished from canoeing by the sitting position of the paddler and the number of blades on the paddle. There are other types of kayaks mainly sit on top, sea kayaking and whitewater kayaking (this involves taking a kayak down rapids, weirs and waterfalls).

Because of their range and adaptability, kayaks can be useful for other outdoor activities such as White water, touring, diving, fishing, wilderness exploration and search and rescue during floods

7.7.1 Trip requirements

7.7.1.1 All trips shall be conducted with a qualified guide on at a ratio of 1:8 on flat water or 1:16 with an assistant. A senior guide or trip leader (TL) shall be present and supervise the activity at all times.

7.7.1.2 Any company operating kayaking river trips shall be registered and approved by the East African River Guides Association (EARGA)

7.7.1.3 Consumption of alcohol or illicit drugs shall not be allowed six hours prior to the river trip.

7.7.1.4 All participants shall be provided with correct and up to date reliable information and be briefed of the activity they are going to undertake.

7.7.1.5 All participants shall read and sign a disclaimer explaining the activity.

7.7.2 Client participation requirements

7.7.2.1 Age Limit: 12 years on white water grade IV and above, Flat water 8 years. On grade III and below it may be relaxed to 6 years. Minors shall have parental consent.

7.7.2.2 Health and fitness:

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7.7.2.2.1 Documented evidence to be obtained confirming that the participant is medically suitable for the activity (signed questionnaire). People suffering from any serious ailments, weak heart conditions, epilepsy and expecting mothers should not be allowed to participate.

7.7.2.2.2 No pre swimming requirements.

7.7.3. Equipment

7.7.3.1 All trip leaders shall carry a well- equipped first Aid kit

7.7.3.2 Personal flotation devices shall be worn by every participant on the water, have adequate buoyancy (minimum of 6.35 kgs or 14lbs) ,have adjustable straps and shall be U.S. coast Guard Type III or V or equivalent for use on a river and type III / II or equivalent for use on lakes or oceans.

7.7.3.3 All equipments shall be regularly checked, well fitted and adjusted by guide before getting on the water.

7.7.3.4 Helmets are mandatory and shall be worn by all participants throughout the trip even though they may not be required on flat water or oceans.

Shall be approved by US and or EU for use in whitewater.

7.7.3.5 Boats shall be of good condition and well maintained (No maintenance log is required)

7.7.3.6 All equipment shall be dried, correctly stored and be washed in fresh water if used in salt water.

7.7.4 Briefing:

A detailed safety brief by a guide covering all pertinent details for the trip before setting off shall be undertaken covering the following:-

- 7.7.4.1** The trip to be undertaken
- 7.7.4.2** Clothing
- 7.7.4.3** Equipment, correct fitting and use.
- 7.7.4.4** Paddle commands
- 7.7.4.5** Safety commands
- 7.7.4.6** Swimming and rescue
- 7.7.4.7** Getting people back into the boat
- 7.7.4.8** Flipping/capsizing
- 7.7.4.9** Wildlife considerations
- 7.7.4.10** Medical and personal considerations
- 7.7.4.11** signing of documents
- 7.7.4.12** Answer other questions
- 7.7.4.13** Continual briefing when required

7.7.6 Instructors:

Each trip shall be lead by a qualified trip leader (TL) and accompanied by qualified guides. Ratio is 1:8 maximum

7.7.6.1 Requirements for a trip Leaders:

All trip leaders shall:-

- 7.7.6.1.1** Have been a guide for at least one year
- 7.7.6.1.2** Have sat and parsed the EARGA TL test or hold an equivalent international qualification.
- 7.7.6.1.3** Understand the trip planning, white water rescue techniques, EPs, RAs, SOPs,
- 7.7.6.1.4** Hold a current first aid and cardiopulmonary resuscitation (CPR) certificate
- 7.7.6.1.5** Maintain a log-book recording trip

7.7.6.1.6 Shall wear or carry the appropriate kit (PFD, Helmet, Flip line, Knife and Personal flip line (optional), First aid kit, Spare paddle (can be given to group or assistant) and Rescue kit).

7.7.6.1.7 SOPs. RAs and EPs to be understood and followed

7.7.6.1.8 Should familiarize him/her self to the river before taking clients on it.

7.7.6.1.9 Should be able to communicate effectively to the clients.

7.7.6.2 Requirements for a assistant guides

All assistant guides shall:-

7.7.6.2.1 Have sat and passed the EARGA test or holds an equivalent international qualification.

7.7.6.2.2 Hold a valid first aid and (CPR) certificate

7.7.6.2.3 Have guided a raft under the supervision of a qualified trip leader.

7.7.6.2.4 Maintain a log-book recording each run

7.7.6.2.5 Wear or carry the appropriate kit (PFD, Helmet, Flip line, Knife and Personal flip line (optional))

7.7.6.2.6 Ensure that all SOPs. RAs and EPs to be understood and followed

7.7.10 Equipment

7.7.3.1 All trip leaders shall carry a well- equipped first Aid kit

7.7.3.2 All equipments shall be regularly checked, well fitted and adjusted by guide before getting on the water.

7.7.3.3 Helmets are mandatory and shall be worn by all participants throughout the trip even though they may not be required on flat water or oceans.

7.7.3.4 All trip leaders shall ensure that necessary equipments are readily available (Paddle, Personal Flotation Device (a life jacket or life preserver), and Spray skirt).

7.7.3.6 Non-essential Kayaking Equipment

[Dry top](#), [dry suit](#), [wetsuit](#), [paddle jacket](#), [boots](#), [gloves](#), [rope bag](#), [knife](#), [float bags](#) and [dry bag](#).

8 Basic minimum standards for air based activities

Aero-sports have the highest risk element and need the highest skill requirements to partake these activities. Due to this, safety guidelines shall be adhered to accordingly. Generally the following principles need to be adopted:-

- Equipment used in each aero-sport shall be defined in terms of its specifications, certifying agency and its life (shelf life and usage life), as defined by the manufacturer, who for the purpose shall hold a valid authorization for manufacturing the particular aero-sport equipment.
- Instructor/operator qualification is very important. It is not enough to have an initial certificate or qualification. Currency and continue devaluation in terms of safety and skill needs to be carried out.

8.1 Paragliding

8.1.1 Infrastructure

8.1.1.1 Operator shall have access to safe and open take off points in case of hill launches. The take off point should be free from obstructions in the takeoff path and should not have rock or crops which could injure the participant. Cliff take off points shall strictly not to be used.

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8.1.1.2 The operator shall have free and clear access to a designated landing ground free of obstructions such as tall trees, buildings, electric wires etc.

8.1.1.3 First aid shall be available at site with Qualified First aid Instructors (having additional knowledge of related accidents), with arrangements with a nearby hospital for quick emergency services.

8.1.1.4 Wind conditions should be strictly monitored and the activity shall be done within the weather conditions stipulated by the equipment manufacturer.

8.1.2 Equipment and Accessories

8.1.2.1 Paragliding wings shall have APCUL DHV or CEN certification. Such certification should be stitched on the wing and visible for inspection.

8.1.2.2 Harness should be with back protection and harness shall be fitted with round type certified rescue parachute.

8.1.2.3 Helmets and Ankle shoes shall be compulsory.

8.1.2.4 Proper log books shall be maintained for all equipment.

8.1.2.5 Annual inspection and certification of equipment for air worthiness shall be carried out.

8.1.2.6 Tandem pilots shall have a tandem pilots licence issued by the competent authority, which will be issued after the following:

- (i) 150 logged flights.
- (ii) 35 h + logged.
- (iii) Pass theory paper

8.1.2.7 All instructors shall be current pilots having sufficient knowledge and experience in the sport.

8.2 Parasailing

8.2.1 Operator Classifications:

All operators shall be certified by the appropriate agency in terms of their capability to conduct the activity on land or water, specifically endorsed to allow multi-passenger flight operations.

8.2.2 In Flight Floatation Devices and helmets:

At all times passengers participating in parasailing activities over water, while in flight shall wear a properly fitted approved life jacket. Over land, the passengers shall wear an ISI approved helmet.

8.2.3 Assumption of Risk and Release of Liability Waiver:

Without exception, all operators shall require ALL PARTICIPANTS of legal age or if a minor; a parent or legal guardian to read and sign an assumption of Risk and Release of Liability waiver prior to starting the activity.

8.2.4 Passenger Safety Briefing:

All parasail participants shall be required to view a Parasail Safety Briefing video and/or be given a written Parasail Safety Briefing handout. In addition, the crew shall give a pre-flight verbal summary of the briefing before any parasail flight activities commence, which should include the following:

- A description of the activity itself.
- Safety precautions while underway and in-flight.
- Safety and life saving equipment locations.
- Warnings and Procedures for unexpected events, such as water landings, equipment malfunctions, and towline separation.
- Procedure in the event of an emergency onboard the vessel.
- The proper use of signals.

- Question and answer period.
- Exclusion of any participant who may be afraid or intimidated prior to participation.

8.2.5 Proximity to Obstructions. Wind restrictions:

Operator should have a wind measurement device and should not operate in winds exceeding 18Kph. Operator shall at all times maintain a minimum operating distance from any surf-zone, shoreline, or fixed object, of not less than 500 feet.

In addition, at no time shall a parasail vessel's operator allow a canopy to pass within the following distance from the shore while an onshore wind is present. (Onshore wind shall be defined as any wind direction that could potentially place a parasail vessel, canopy, or participant in contact with land in the event of the loss of vessel or systems power and/or line separation.).

8.2.6 Responsibility of Vessel Sea worthiness and tow vehicle road worthiness:

It shall be the responsibility of the first mate in charge to make certain that the vessel is maintained and is properly equipped in a sea worthy condition. A current written log shall be kept of all mandatory daily inspections and all routine maintenance performed on vessel. Under no circumstances shall the operator and/or crew utilize any equipment outside the parameters for which it was designed and shall at all times adhere to manufacturers' specifications, requirements and/or recommendations. Similar conditions should apply for land based parasailing vehicles.

8.2.7 Passenger Weight Restrictions:

At no time shall a passenger be allowed to participate in parasailing activities unless they meet the manufacturers' recommendations or requirements in terms of weight. Passenger shall be able to be comfortably and safely fitted into harness.

8.2.8 Towline Length Limitations:

At no time

(a) Shall any vessel's winch drum be equipped with more than 500 feet of towline, while conducting parasail flight operations. Similarly land based operations should not use more than 500 feet of rope.

(b) Exceed a maximum of 300 feet AGL (Above Ground/ Water Level).

8.2.9 Minimum Age Requirements:

Children may participate in parasailing activities only after the operator has made reasonable prior judgment that wind and sea conditions are conducive to such activities and extreme caution should be exercised. Children under 12 are not to be allowed.

8.2.10 Towline Inspection and Maintenance:

Towline in its entirety shall be inspected daily for damage and/or wear and if necessary shall be immediately replaced. Towline shall be kept clean and maintained in accordance with manufacturers' specifications, requirements and/or recommendations. A written log of such inspections and maintenance shall be kept at all times.

8.2.11 Pre-Flight Weather Evaluation:

It is the operators' responsibility to evaluate and determine if weather conditions are favorable for parasailing. He shall use all means available to make such a determination. No operator shall knowingly parasail in rain, heavy fog or during a known lightning storm within 50 km from the parasailing area; in addition a daily weather log shall be maintained.

8.2.12 Multiple Passenger Flights:

Multi-passenger flights shall only be conducted under the following conditions and only after the operator has made reasonable judgment prior to each and every flight. Extreme caution shall be exercised:

- At no time shall there be more than 2 passengers in any canopy.
- Wind conditions shall be adequate, stable and consistent.
- Conditions shall be conducive to such activities.
- Commercial equipment specifically designed and professionally manufactured for multi-passenger flight operations shall be utilized.
- All equipment shall adhere to manufacturers' specifications, requirements and/or recommendations.
- Vessel's winch system shall be equipped with a functional level winder during all multi-passenger flights.

8.3 The hot air balloon safari in Kenya

A Hot Air Balloon is a large usually round inflatable flying bag, often carrying a basket for passengers. They stand 10 storey's tall and the majority is made by Cameron Balloons of Bristol, England. These balloons last about 400 flying hours in the fierce African sun, which means they shall be replaced every 2 years. The most commonly known place is the Masai Mara Reserve but the sport has recently been introduced in the rift Valley at the Lake Elementaita area and also in Amboseli National Park.

The balloon 'envelope' is made of a nylon based fabric superior to that of a spinnaker sail. The basket is made of woven cane and willow by expert craftsmen in the Royal Workshops for the Blind in Bristol.

8.3.1 Requirements

8.3.1.1 To pilot a balloon, one shall have a pilots licence exactly as with other forms of aircraft.

8.3.1.2 There shall be a set number of hours of instruction and the same theoretical exams to pass as any fixed wing pilot.

8.3.1.3 Also like their fixed wing counterparts, balloon pilots shall keep logs books, carry out pre-flight checks and monitor the weather conditions for safe flying.

8.3.1.4 Balloon Safaris pilots shall undergo extensive professional training and work as commercial balloon pilots around the world.

8.3.2 Age limit

8.3.2.1 Any one above the 8 years old is eligible for the flight.

NOTE: - a child who is under 8 years but is tall enough is allowed to fly at the discretion of the pilot.

8.3.2.2 All passengers shall sign a disclaimer before being allowed onboard the balloon i.e. they fly at their own risk. However all safety precautions are taken to ensure that the passengers are as safe as possible.

8.4 Bungee jumping

8.4.1 Essential requirements

All parts of the jump line shall be duplicated. This extends from the connection of the bungee to the jumper and the connection to the structure at the other end of the line. Normally the jumper should have an attachment to ankle straps and another to a body or sit harness.

8.4.2 Equipment

Harnesses and karabiners should be of sound construction and suitable for this use. Mountaineering equipment from reputable suppliers is appropriate. Karabiners should be of the screw gate type.

8.4.3 Braided ropes:

At least 2 braided ropes should be used and matched to the weight of the jumper.

8.4.4 Unbraided ropes:

Normally one unbraided rope is adequate because of the in-built redundancy from its structure of approximately one thousand individual strands bound together. Each rope should have an examiners certificate from an independent source and be selected according to the weight of the jumper.

8.4.5 Rope log books should be kept, describing maximum load, and numbers of jumps and drop tests undertaken, and in the case of unbraided ropes, any other conditions required by the examiner (e.g. length of time in sunlight). Ropes have a finite life and operators should be able to demonstrate that this has not been exceeded.

8.4.6 There should be a written operating procedure if not written, elements will be more likely to be forgotten or short circuited. Both operators and enforcement officers should be able to check that safe procedures have been established and are being followed. The procedure should cover at least:

- Medical enquiry;
- Age verification - if under 18, parental consent should be required and if under 14, they should not be allowed to jump;
- Weighing and rope selection: There should be a method of checking that the weight of the jumper has been correctly measured and recorded so as to ensure that the correct rope is selected for each jumper;
- Attachment of each part of harness and ropes, and the checking of each action by a second trained person;
- Briefing of jumper;
- Entry into and riding in cage;
- Re-instruction and jump; and
- Retrieval of jumper.

8.4.7 Use of mobile cranes:

Use of mobile cranes is not recommended allowed as this is too dangerous.

8.4.8 Training

Training of personnel is of paramount importance. Each job undertaken requires a different level of training and experience. Those in charge should be able to demonstrate that everyone who is carrying out a task has enough experience to do so, unless under direct supervision by another experienced person. There should be a proper training schedule showing how a person progresses from one level of competence to the next. The schedule of work should clearly state, who carries out every safety critical action and who checks it. Each person should know the tasks, which they are permitted to carry out and those which they are not authorized to do. To date, all known fatal accidents worldwide have resulted from human error.

8.4.9 The person in overall charge shall keep close control of the site. Arrangements should be made to exclude spectators from the jump zone for their own safety and to avoid distraction of the operators.

8.4.10 Anyone in a cage should be securely attached to it. Spectator riding, especially by children, should be discouraged.

8.4.11 There should be a dead-weight drop test of the whole line at the beginning of the day to ensure its integrity.

8.4.12 Spares for all the components in the jump line should be kept on site so as to be available for immediate replacement of suspect components.

8.4.13 An air bag should be used for jumps over land with unbraided ropes. The purpose of the bag is to prevent a jumper striking the ground if an incorrect rope selection is made. It is not to safeguard jumpers who fall due to a failure to properly connect them to the supporting structure.

9 Code of Conduct for basic minimum standards for adventurous activities.

9.1 Access

9.1.1 Be aware of and observe access requirements and agreements

9.1.2 Avoid disturbing wildlife, crops and livestock

9.1.3 Leave gates as you find them and report any problems or potential problems to the landowner or manager

9.1.4 Try to familiarize yourself with and observe any site-specific cultural or environmental conditions affected by your climbing.

9.1.5 Carefully consider the consequences of your actions on the environment and the enjoyment of future visitors to the site

9.1.6 Endeavour to learn about and protect native plants, animals, geology and the cultural riches of the site.

9.1.7 Be aware of livestock and/or crops on private or public land where you climb. Take care not to disturb livestock through either physical contact or noise level. Avoid damage to crops by selecting access routes to climbing sites that do not directly cross crops or ploughed paddocks.

9.1.8 Help reduce impact and preserve a safe climbing environment; please try to keep groups to eight or fewer climbers. Respect other site users, both climbers and non-climbers.

9.1.9 Rowdy behavior is disruptive and inconsiderate. Please behave responsibly and keep noise to a minimum, including the use of electronic equipment and radios

9.2 Impact

9.2.1 Respect sites of geological, cultural or other scientific interest. Please avoid any actions that cause unnecessary erosion. Use existing access tracks and do not leave unnecessary way marks. Help protect all wildlife. Do not disturb nesting birds.

9.2.2 Climbers can help secure continued access by supporting the existing environmental values of climbing sites

9.2.3 'Gardening', or the removal of existing vegetation from a cliff, permanently alters the natural environment. Use established tracks and avoid shortcuts or blazing new trails. Don't manufacture holds or chip rock. On existing climbs avoid the installation of extra bolts; on new climbs avoid providing unnecessary protection.

9.2.4 Limiting the interaction between climbers and native fauna reduces the chance of any impact. Pay particular attention to seasonal bans on cliffs during bird breeding seasons. Please avoid sites inhabited by endangered species: this includes many species of wallaby, bat and spider.

9.3 waste

9.3.1 To ensure our climbing sites stays beautiful please do not leave any rubbish. Keep campsites clean. Dispose of human waste in a hygienic and environmentally responsible manner. Do not pollute fresh water supplies

9.3.2 Waste water, particularly soapy water from washing humans or dishes, should also be disposed of at least 50 m from any water source or access track

9.3.3 Use toilets where provided. If they are not available, bury human waste at least 15 cm underground and at least 50 m from any water source or access track. In sensitive areas, please consider carrying out human waste. Please properly bury toilet paper or, even better, pack out your toilet paper as it takes a long time to decompose

9.3.4 Take out what you take in and if you see rubbish left by other users please take it out too. Pay particular attention to the small things (cigarette butts, fruit labels and silver foil are quite often left behind). They are unsightly and also degrade the climbing site.

9.4 Fire

9.4.1 Fire is a serious threat to both safety and ecology. Avoid all risk of fire

9.4.2 Only light fires in designated fireplaces in well-cleared areas. Think about where you are using your fuel stove and be responsible with its use

9.4.3 Observe all fire restrictions. Remember restrictions apply to fuel stoves and smokers

9.5 Traditions

9.5.1 Avoid indiscriminate and excessive use of fixed equipment and do not modify any equipment unless you are sure about what you are doing

9.6 Dress for Water Safety and Be Properly Equipped

Once you are mentally equipped to handle virtually any emergency situation while carrying out any adventurous activity, it is essential that you are equipped with necessary equipments according to the activity you are undertaking

9.7 Know How to Rescue a Drowning Person

In addition to knowing how to prevent yourself from drowning, it is also crucial that you know how to rescue a drowning person

9.8 Know How to Recognize and Treat Hypothermia

Hypothermia can occur whenever conditions are sufficient to drop the body temperature by as little as one degree! That means a person can fall victim to hypothermia even in the summer. It is therefore essential to kayaking safety to know how to properly diagnose and treat hypothermia

9.9 Be a Good Swimmer

Swimming in lakes, rivers, and the ocean is different than swimming in one's own pool. You may be fully clothed, quite a ways away from land, in extremely cold conditions, or in turbulent and current driven waters. Finding oneself in any of these conditions is not the time to find out that you're not a good swimmer.

9.10 Know First Aid

All trip leaders, instructors and assistant guides shall know how to conduct first. A person can sprain their ankle while carrying their kayak or canoe around an obstacle, One paddler's paddle can smack another in the face causing cuts, bruises, a broken nose, or even knocking the person out. Even extreme emergencies like a heart attack while whitewater rafting can occur. Trip leader, instructor and assistant guide should know how to handle all of these situations

9.11 Documentation should be in place covering the following

For all the above adventurous activities it is important that documentation is done on the following:-

9.11.1 Risk Assessments (RAs): Detailed up to date RAs to be carried out and documented for the activity. To be modified when required.

9.11.2 Standard Operating Procedures (SOPs): Detailed up to date SOPs to be documented for the activity. To be modified when required.

9.11.3 Emergency Procedures (EPs): Detailed up to date EPs to be documented for the activity and to be modified when required.

9.11.4 An accident report system to be in place.

9.11.5 Detailed matrixes to be in place covering qualifications, experience, etc

9.11.6 Documentation evidence that all guides have read, understand the above documents.

9.11.7 Documentation evidence of training

9.11.8 Head instructor to have been an instructor for at least one year and understands the Jet Ski's planning, rescue techniques, EPs, RAs, SOPs and holds a current first aid and cardiopulmonary resuscitation (CPR) certificate.

9.11.9 Should be able to communicate effectively to the clients.

10 Insurance

Public liability insurance covering the activity shall be in place. Consult a reputable insurer or broker on the exposure to risk and, in particular, ensure that adequate public liability is in place. Before hosting groups of visitors or planning a public event, check with an insurance agent about adequacy of liability coverage. Be guided by the insurer in how to structure ones business and ensure to minimize exposure to risk to the maximum extent.

11 Training

Regular training should take place and the following should be included.

11.1 Skills in relevant activity.

11.2 One shall be knowledgeable of the equipment being used.

11.3 Safety and EPs, RAs, SOPs, rapid theory, leadership, signals, environment protection

11.4 Technical advisors (TA): There shall be a TA for the company who is an expert in his field that checks all documentation, and ensures the company is doing everything to or above the BMS

Annex A (Informative)

Example of an information sheet for medical screening

Medical statement

This statement informs you of some potential risks involved in adventurous activity and of the conduct required of you during the training.

You shall complete this medical statement, including the medical history information section, in order to enroll in the adventurous activity.

To the participant:

The purpose of this medical information sheet is to inform you whether you should be examined by a physician before participating in any adventurous activity. If any of these conditions apply to you, this does not necessarily disqualify you from participating. It simply means that you shall seek the advice of a physician.

Please acknowledge that you have read and understand the information provided below by initialing each individual point.

Please be advised that if any of these items apply to you, for your own safety you shall consult a physician prior to participating in any activity.

You SHALL consult a physician if:	Initials
you are pregnant or you suspect you may be pregnant	
you regularly take medications (with the exception of birth control)	
you are over 45 years of age and one or more of the following apply	
• you smoke	
• you have a high cholesterol level	
you shall consult a physician if you ever had	Initials
asthma, or wheezing with breathing, or wheezing with exercise	
any form of lung disease	
pneumothorax (collapsed lung)	
a history of chest surgery	
claustrophobia or agoraphobia (fear of closed or open spaces)	
epilepsy, seizures, convulsions or take medications to prevent them	
a history of blackouts or fainting (full/partial loss of consciousness)	
a history of diving accidents or you decompression sickness	
a history of diabetes	
a history of high blood pressure or take medications to control blood pressure	
a history of any heart disease	
a history of ear disease, hearing loss or problems with balance	
a history of thrombosis or blood clotting	
psychiatric diseases	
Am aware that I could be unfit to dive if I already have prior to, or if I develop during, the course any of the following conditions:	Initials
a cold, sinusitis, or any breathing problems (e.g. bronchitis, hay fever)	
an acute migraine or headache	
any kind of surgery within the last 6 weeks	
the ability to react affected under the influence of alcohol, drugs or medications	
fever, dizziness, nausea, vomiting and diarrhoea	
problems equalizing (popping ears)	
acute gastric ulcers	
pregnancy	